



“Creativity comes to us at different times but always the *right* time.”

Written by Farrell Renowden, November 2022

Even after all these years, I am still astounded by the wisdom of the creative people we work with and challenged to think differently about age, ageing and creativity in my practice, despite spending (almost) my entire career working in the creative ageing field. There is a fallacy that inspiration, innovation, and growth are somehow reserved for people of one age or another, but as one insightful group member reflected **“Creativity comes to us at different times but always the *right* time”**.

Launching our new ‘Creative Ageing Lived Experience Network’ last month was an absolute joy and, as another participant suggested, it **“helped us learn things about ourselves that we didn’t expect”**- myself included. As the first official meeting, after months of planning and development, I was amazed at how quickly the group felt comfortable to share stories and reflect deeply on the way creativity had impacted their lives; creativity borne out of experience is a powerful thing.

With only one meeting under our belt, it is impossible to say where this group is heading, what it might achieve, who will commit for the long term, or when the group will reach a milestone of their own making, but it is clear *why* this new network is important for the sector: ensuring that older people lead the creative ageing movement. What is vital at this stage is the **“creativity, inviting the unexpected outcomes”** and feeling comfortable in the relative unknown.

Our second meeting takes place this week, and it’s possible that I’m looking forward to it more than anyone else... simply because ‘creativity borne out of experience is a powerful thing’ - for those who share their experiences *and* those who appreciate it- as audiences, fellow creatives, facilitators, and supporters. It never gets OLD.

As we explore the ‘*value*’ of creativity from the perspective of an older person, within the [Creative Later Life 2025 project](#), and develop a new evaluation framework, I’m conscious that we don’t forget the ‘*value*’ in its wider context: as cultural capital that goes beyond the individual or group. If you want to feel inspired by creative innovation and growth then just check out any of the [projects](#) listed on the Age of Creativity Network website - it’s **“always the right time”**.

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